HOW TO ORDER REPLACEMENT PARTS

To order replacement parts, contact the ICON Health & Fitness Ltd. office, or write:

ICON Health & Fitness, Ltd.
Greenwich House
223 North Street
Sheepscar
Leeds LS7 2AA
West Yorkshire

Tel: Country Code:

0345-089009

Fax: 0113-2411120

When ordering parts, please be prepared to give the following information:

- The MODEL NUMBER OF THE PRODUCT (PETL16000)
- The NAME OF THE PRODUCT (PROFORM® Fitness Gym E16 treadmill)
- The SERIAL NUMBER OF THE PRODUCT (see the front cover of this manual)
- The KEY NUMBER OF THE PART(S) (see the PART LIST and the EXPLODED DRAWING attached in the centre of this manual)
- The DESCRIPTION OF THE PART(S) (see the PART LIST and the EXPLODED DRAWING attached in the centre of this manual).

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Part No. 162757 R0500A

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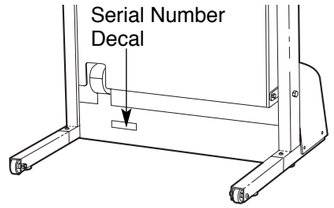
Class HC Fitness Product

FITNESS GYM E16

Model No. PETL16000
Serial No. _____



QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if there are missing parts, we will guarantee complete satisfaction through our Customer Service Department.

Please CALL:

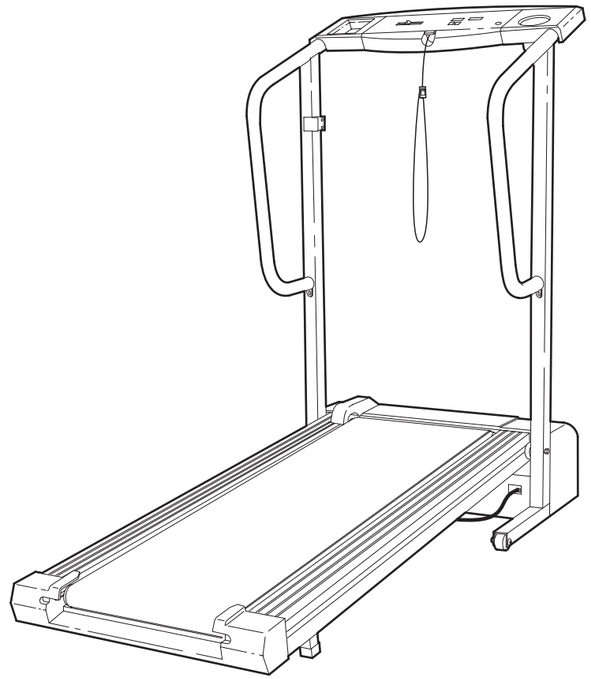
0345-089009

Or WRITE:
ICON Health & Fitness Ltd.
Greenwich House
223 North Street
Sheepscar
Leeds LS7 2AA
West Yorkshire

⚠ CAUTION

Read all precautions and instructions in this manual before using this equipment. Save this manual for future reference.

USER'S MANUAL



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HOW TO ORDER REPLACEMENT PARTS . . . . . Back Cover

Note: An EXPLODED DRAWING and a PART LIST are attached in the centre of this manual. Save the EXPLODED DRAWING and PART LIST for future reference.

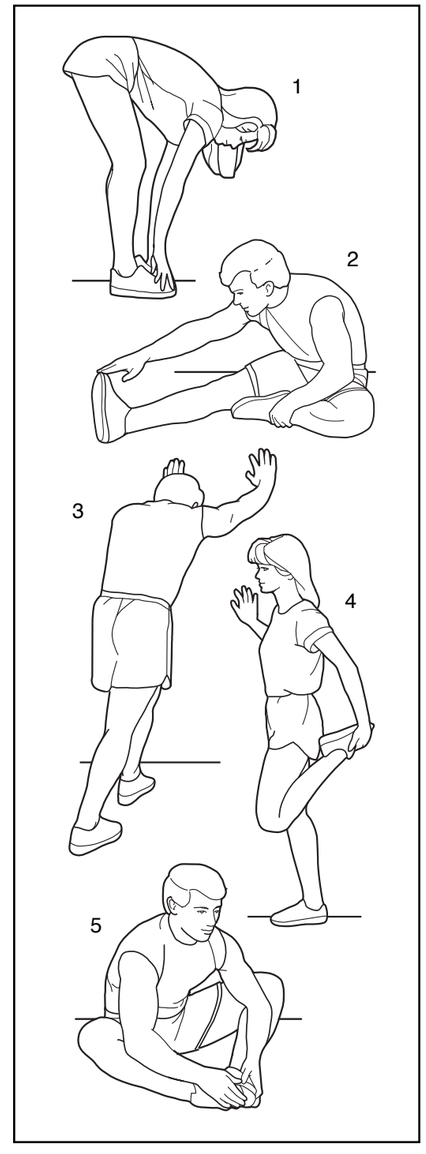
IMPORTANT PRECAUTIONS

⚠ WARNING: To reduce the risk of burns, fire, electric shock, or injury to persons, read the following important precautions and information before operating the treadmill.

1. **It is the responsibility of the owner to ensure that all users of this treadmill are adequately informed of all warnings and precautions.**
2. **Use the treadmill only as described.**
3. **Place the treadmill on a level surface, with two meters of clearance behind it. Do not place the treadmill on a surface that blocks any air openings. To protect the floor or carpet from damage, place a mat under the treadmill.**
4. **Keep the treadmill indoors, away from moisture and dust. Do not put the treadmill in a garage or covered patio, or near water.**
5. **Do not operate the treadmill where aerosol products are used or where oxygen is being administered.**
6. **When choosing a location for the treadmill, make sure that the location and position permit access to a plug.**
7. **Keep children under the age of 12 and pets away from the treadmill at all times.**
8. **The treadmill should be used only by persons weighing 115 kgs or less. Never allow more than one person on the treadmill at a time.**
9. **Wear appropriate exercise clothing when using the treadmill. Do not wear loose clothing that could become caught in the treadmill. Athletic support clothes are recommended for both men and women. Always wear athletic shoes. Never use the treadmill with bare feet, wearing only stockings, or in sandals.**
10. **When connecting the power cord (see page 7), plug the power cord into an earthed circuit. When replacing the fuse, an ASTA approved BS1362 type should be fitted to the fuse carrier. A 13 amp fuse should be used. No other appliance should be on the same circuit.**
11. **If an extension cord is needed, use only a 3-conductor, 1mm² (14 gauge) cord that is no longer than 1.5 meters.**
12. **Keep the power cord away from heated surfaces.**
13. **Never move the walking belt while the power is turned off. Do not operate the treadmill if the power cord or plug is damaged, or if the treadmill is not working properly. (See BEFORE YOU BEGIN on page 4 if the treadmill is not working properly.)**

SUGGESTED STRETCHES

The correct form for several basic stretches is shown at the right. Move slowly as you stretch—never bounce.



1. Toe Touch Stretch

Stand with your knees bent slightly and slowly bend forward from your hips. Allow your back and shoulders to relax as you reach down toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Hamstrings, back of knees, and back.

2. Hamstring Stretch

Sit with one leg extended. Bring the sole of the opposite foot toward you and rest it against the inner thigh of your extended leg. Reach toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Hamstrings, lower back, and groin.

3. Calf/Achilles Stretch

With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further stretching of the achilles tendons, bend your back leg as well. Stretches: Calves, achilles tendons, and ankles.

4. Quadriceps Stretch

With one hand against a wall for balance, reach back and grasp one foot with your other hand. Bring your heel as close to your buttocks as possible. Hold for 15 counts, then relax. Repeat 3 times for both legs. Stretches: Quadriceps and hip muscles.

5. Inner Thigh Stretch

Sit with the soles of your feet together and your knees outward. Pull your feet toward your groin area as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Quadriceps and hip muscles.

CONDITIONING GUIDELINES

⚠WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for individuals over the age of 35 or individuals with pre-existing health problems.

The pulse sensor is not a medical device. Various factors, including your movement, may affect the accuracy of heart rate readings. The sensor is intended only as an exercise aid in determining heart rate trends in general.

The following guidelines will help you to plan your exercise program. Remember—these are general guidelines only. For more detailed exercise information, obtain a reputable book or consult your physician.

EXERCISE INTENSITY

Whether your goal is to burn fat or to strengthen your cardiovascular system, the key to achieving the desired results is to exercise with the proper intensity. The proper intensity level can be found by using your heart rate as a guide. The chart below shows recommended heart rates for fat burning and aerobic exercise.

HEART RATE TRAINING ZONES	AGE	20	30	40	50	60	70	80
BEATS PER MINUTE	MIN.	125	120	115	110	105	95	90
	MAX.	165	155	145	140	130	125	115

To find the proper heart rate for you, first find your age at the top of the chart (ages are rounded off to the nearest ten years). Next, find the two numbers below your age. The two numbers are your "training zone." The lower number is the recommended heart rate for fat burning; the higher number is the recommended heart rate for aerobic exercise.

To measure your heart rate, use the pulse sensor on the console. If your heart rate is too fast or too slow, adjust the speed or the incline of the treadmill.

Fat Burning

To burn fat effectively, you must exercise at a relatively low intensity level for a sustained period of time. During the first few minutes of exercise, your body uses easily accessible carbohydrate calories for energy. Only after the first few minutes does your body begin to use stored fat calories for energy. If your goal is to burn fat, adjust the speed and incline of the treadmill until your heart rate is near the lower number in your training zone.

Aerobic Exercise

If your goal is to strengthen your cardiovascular system, your exercise must be "aerobic." Aerobic exercise is activity that requires large amounts of oxygen for prolonged periods of time. This increases the demand on the heart to pump blood to the muscles, and on the lungs to oxygenate the blood. For aerobic exercise, adjust the speed and incline of the treadmill until your heart rate is near the highest number in your training zone.

WORKOUT GUIDELINES

A well-rounded workout includes the following three important parts:

A Warm-up

Start each workout with 5 to 10 minutes of stretching and light exercise (see SUGGESTED STRETCHES on page 15). A proper warm-up increases your body temperature, heart rate, and circulation in preparation for exercise.

Training Zone Exercise

After warming up, increase the intensity of your exercise until your heart rate is in your training zone for 20 to 60 minutes. (During the first few weeks of your exercise program, do not keep your heart rate in your training zone for longer than 20 minutes.) Breathe regularly and deeply as you exercise—never hold your breath.

A Cool-down

Finish each workout with 5 to 10 minutes of stretching to cool down. This will increase the flexibility of your muscles and will help to prevent post-exercise problems.

Exercise Frequency

To maintain or improve your condition, complete three workouts each week, with at least one day of rest between workouts. After a few months, you may complete up to five workouts each week if desired.

The key to success is to make exercise a regular and enjoyable part of your everyday life.

14. **Never start the treadmill while you are standing on the walking belt. Always hold the handrails while using the treadmill.**

15. **The treadmill is capable of high speeds. Adjust the speed in small increments to avoid sudden jumps in speed.**

16. **The pulse sensor is not a medical device. Various factors, including your movement, may affect the accuracy of heart rate readings. The sensor is intended only as an exercise aid in determining heart rate trends in general.**

17. **Never leave the treadmill unattended while it is running. Always remove the key and unplug the power cord when the treadmill is not in use.**

18. **Do not attempt to raise, lower, or move the treadmill until it is properly assembled. (See ASSEMBLY on pages 5 and 6, and HOW TO MOVE THE TREADMILL on page 11.) You must be able to safely lift 20 kg to raise, lower, or move the treadmill.**

19. **When folding or moving the treadmill, make sure that the storage latch is fully closed.**

20. **Inspect and tighten all parts of the treadmill every three months.**

21. **Never drop or insert any object into any opening.**

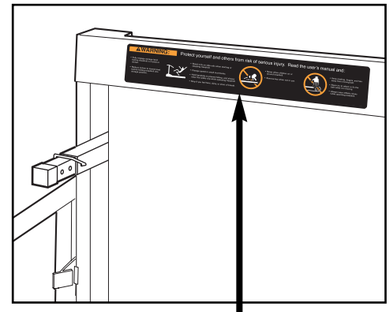
22. **DANGER: Always unplug the power cord immediately after use, before cleaning the treadmill, and before performing the maintenance and adjustment procedures described in this manual. Never remove the motor hood unless instructed to do so by an authorised service representative. Servicing other than the procedures in this manual should be performed by an authorised service representative only.**

23. **This treadmill is intended for in-home use only. Do not use this treadmill in any commercial, rental, or institutional setting.**

⚠WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

SAVE THESE INSTRUCTIONS

The decal shown below has been placed on your treadmill. If the decal is missing, or if it is not legible, please call our Customer Service Department to order a free replacement decal (see HOW TO ORDER REPLACEMENT PARTS on the back cover of this manual). Apply the decal in the location shown.



Note: The decal is shown at 38% of actual size.

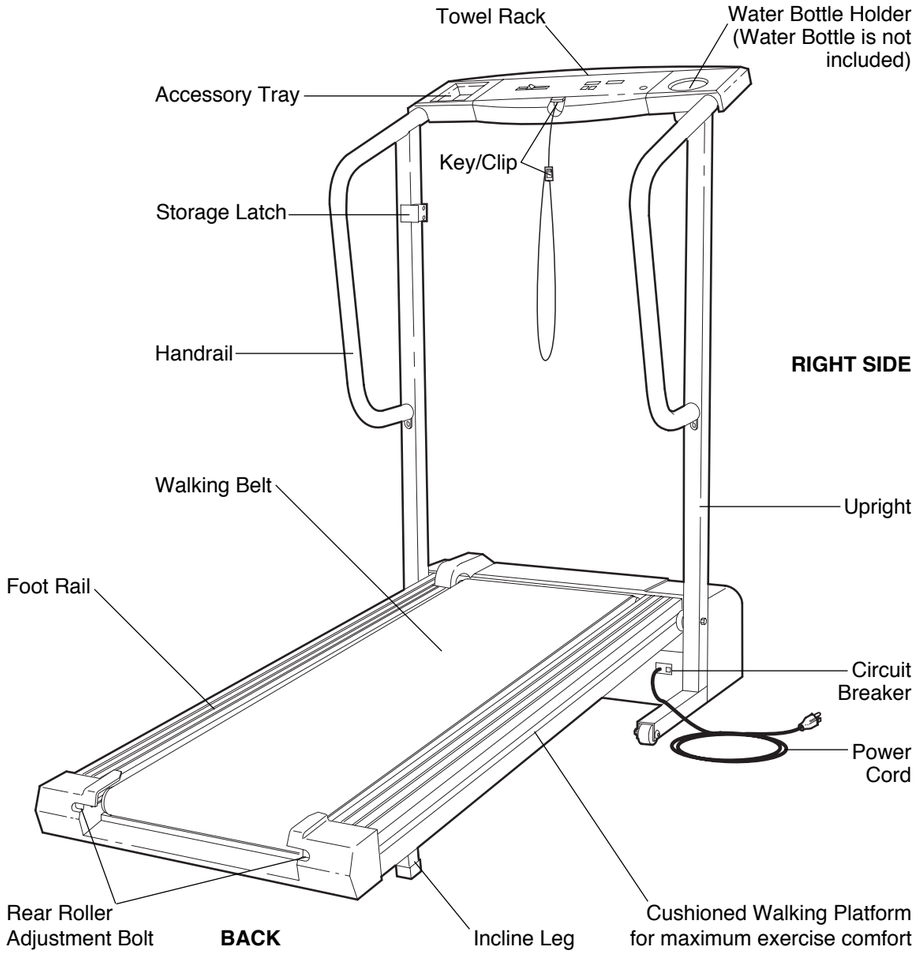
⚠WARNING:
Protect yourself and others from risk of serious injury. Read the user's manual and:
• Fully engage storage latch before treadmill is moved or stored.
• Reduce incline to lowest level before folding treadmill into storage position.
• Stand only on side rails when starting or stopping treadmill.
• Change speed in small increments.
• Hold handrails to prevent falling, and always wear the safety clip while operating treadmill.
• Stop if you feel faint, dizzy, or short of breath.
• Never allow children on or around treadmill.
• Remove key when not in use.
• Keep clothing, fingers, and hair away from moving belt.
• Never try to adjust or fix the belt while it is moving.
• Always wear athletic shoes while operating treadmill.

BEFORE YOU BEGIN

Thank you for selecting the new PROFORM® Fitness Gym E16 treadmill. The Fitness Gym E16 treadmill combines advanced technology with innovative design to let you enjoy an excellent form of cardiovascular exercise in the convenience and privacy of your home. And when you're not exercising, the unique Fitness Gym E16 can be folded up, requiring less than half the floor space of other treadmills.

For your benefit, read this manual carefully before using the treadmill. If you have additional questions, please call our Customer Service Department at **0345-089009**. To help us assist you, please note the product model number and serial number before calling. The model number of the treadmill is PETL16000. The serial number can be found on a decal attached to the treadmill (see the front cover of this manual for the location).

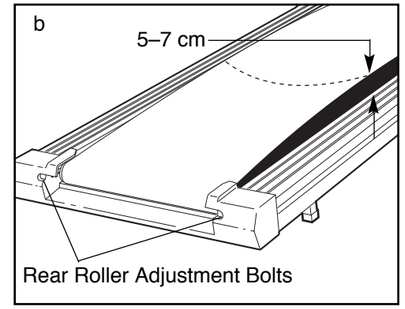
Before reading further, please review the drawing below and familiarise yourself with the labelled parts.



4. SYMPTOM: THE WALKING BELT SLOWS WHEN WALKED ON

a. If an extension cord is needed, use only a 3-conductor, 14-gauge (1mm²) cord that is no longer than 1.5 meters.

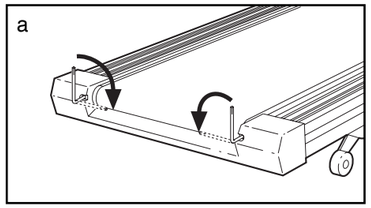
b. If the walking belt is overtightened, treadmill performance may decrease and the walking belt may be permanently damaged. Remove the key and **UNPLUG THE POWER CORD**. Using the allen wrench, turn both rear roller adjustment bolts counterclockwise, 1/4 of a turn. When the walking belt is properly tightened, you should be able to lift each side of the walking belt 5 to 7 cm off the walking platform. The centre of the walking belt should just touch the walking platform. Be careful to keep the walking belt centred. Plug in the power cord, insert the key and run the treadmill for a few minutes. Repeat until the walking belt is properly tightened.



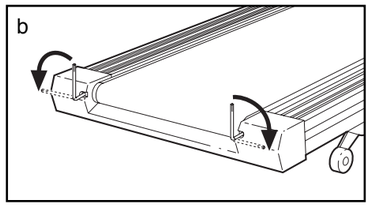
c. If the walking belt still slows when walked on, please call our Customer Service Department.

5. SYMPTOM: THE WALKING BELT IS OFF-CENTRE

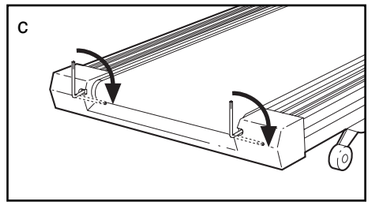
a. **If the walking belt has shifted to the left**, first remove the key and **UNPLUG THE POWER CORD**. Using the allen wrench, turn the left rear roller adjustment bolt clockwise, and the right bolt counterclockwise, 1/4 of a turn each. Be careful not to overtighten the walking belt. Plug in the power cord, insert the key and run the treadmill for a few minutes. Repeat until the walking belt is centred.



b. **If the walking belt has shifted to the right**, first remove the key and **UNPLUG THE POWER CORD**. Using the allen wrench, turn the left rear roller adjustment bolt counterclockwise, and the right bolt clockwise, 1/4 of a turn each. Be careful not to overtighten the walking belt. Plug in the power cord, insert the key and run the treadmill for a few minutes. Repeat until the walking belt is centred.



c. **If the walking belt slips when walked on**, first remove the key and **UNPLUG THE POWER CORD**. Using the allen wrench, turn both rear roller adjustment bolts clockwise, 1/4 of a turn. When the walking belt is correctly tightened, you should be able to lift each side of the walking belt 5 to 7 cm off the walking platform. Be careful to keep the walking belt centred. Plug in the power cord, insert the key and run the treadmill for a few minutes. Repeat until the walking belt is properly tightened.



TROUBLE-SHOOTING

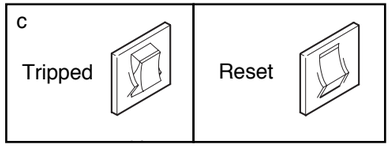
Most treadmill problems can be solved by following the steps below. Find the symptom that applies, and follow the steps listed. If further assistance is needed, please call our Customer Service Department.

1. SYMPTOM: THE POWER DOES NOT TURN ON

a. Make sure that the power cord is plugged into a properly earthed outlet. (See HOW TO PLUG IN THE POWER CORD on page 7.) If an extension cord is needed, use only a 3-conductor, 14-gauge (1mm²) cord that is no longer than 1.5 meters. Important: The treadmill is not compatible with GFCI-equipped outlets.

b. After the power cord has been plugged in, make sure that the key is fully inserted into the console.

c. Check the circuit breaker located on the treadmill near the power cord. If the switch protrudes as shown, the circuit breaker has tripped. To reset the circuit breaker, wait for five minutes and then press the switch back in.



2. SYMPTOM: THE POWER TURNS OFF DURING USE

a. Check the circuit breaker located on the treadmill frame near the power cord (see c. above). If the circuit breaker has tripped, wait for five minutes and then press the switch back in.

b. Make sure that the power cord is plugged in.

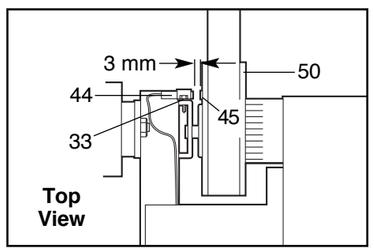
c. Remove the key from the console. Reinsert the key fully into the console.

d. If the treadmill still will not run, please call our Customer Service Department.

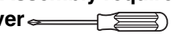
3. SYMPTOM: THE DISPLAYS OF THE CONSOLE DO NOT FUNCTION PROPERLY

a. Check the batteries in the console. See BATTERY INSTALLATION on page 8. Most problems are the result of drained batteries.

b. Remove the key from the console and **UNPLUG THE POWER CORD.** Remove the screws from the hood. Carefully remove the hood. Locate the Reed Switch (44) and the Magnet (45) on the left side of the Pulley (50). Turn the Pulley until the Magnet is aligned with the Reed Switch. **Make sure that the gap between the Magnet and the Reed Switch is about 3 mm.** If necessary, loosen the Screw (33) and move the Reed Switch slightly. Retighten the Screw. Re-attach the hood, and run the treadmill for a few minutes to check for a correct speed reading.

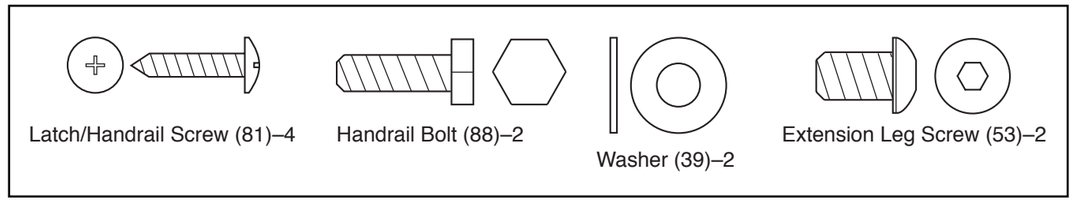


ASSEMBLY

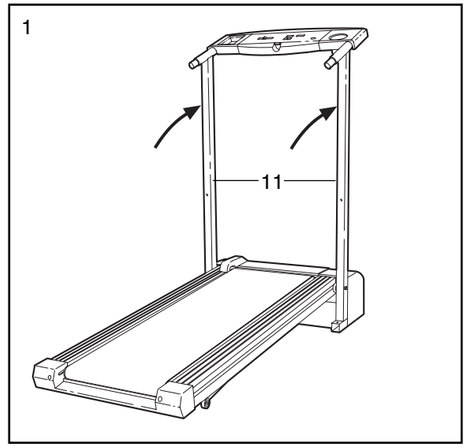
Assembly requires two people. Set the treadmill in a cleared area and remove all packing materials. Do not dispose of the packing materials until assembly is completed. Refer to the drawings below to identify the parts used in assembly. **Assembly requires the following tools: The included allen wrench and your own Phillips screwdriver**  **and adjustable spanners** **.**

Note: The underside of the treadmill walking belt is coated with high-performance lubricant. During shipping, a small amount of lubricant may be transferred to the top of the walking belt or the shipping carton. This is a normal condition and does not affect treadmill performance. If there is lubricant on top of the walking belt, simply wipe off the lubricant with a soft cloth and a mild, non-abrasive cleaner.

If further assistance is needed, please call our Customer Service Department at 0345-089009.

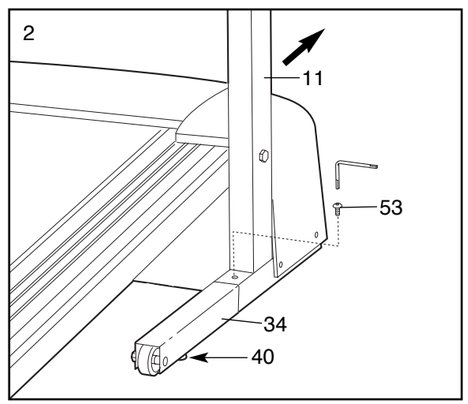


1. With the help of a second person, carefully raise the Uprights (11) until the treadmill is in the position shown.

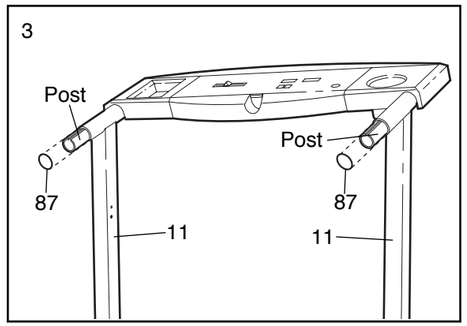


2. Insert one of the Extension Legs (34) into the treadmill as shown. Note: It may be helpful to tip the Uprights (11) in the direction shown by the arrow as you insert the Extension Leg. Make sure that the Base Pad (40) is on the indicated side of the Extension Leg. Attach the Extension Leg with an Extension Leg Screw (53). **Be sure to push on the head of the Extension Leg Screw while tightening it.**

   Next, attach the other Extension Leg (34) in the same way.

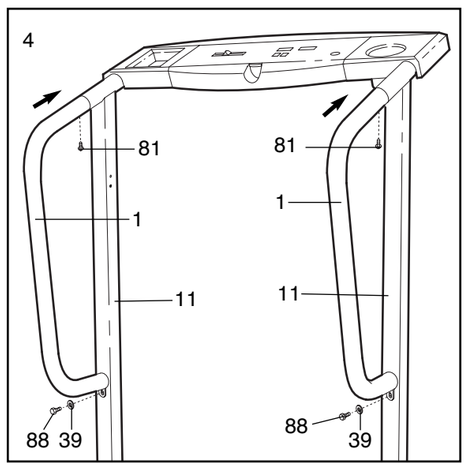


3. Slide a Rubber Ring (87) onto the handrail post on each Upright (11).

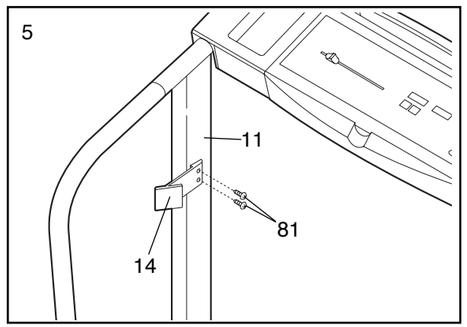


4. Slide the upper end of one of the Handrails (1) onto the post on one of the Uprights (11). Push the Handrail as far forward as possible. Tighten a Handrail Screw (81) into the Handrail. Next, align the lower end of the Handrail with the hole in the Upright. Tighten a Handrail Bolt (88) with a Washer (39) into the Handrail and the Upright.

   Attach the other Handrail (1) as described above.



5. Attach the Storage Latch (14) to the left Upright (11) with two Latch Screws (81). **Be careful not to overtighten the Latch Screws.**



6. **Make sure that all parts are tightened before you use the treadmill.** Keep the included allen wrench in a secure place. The allen wrench is used to adjust the walking belt (see page 13). To protect the floor or carpet, place a mat under the treadmill.

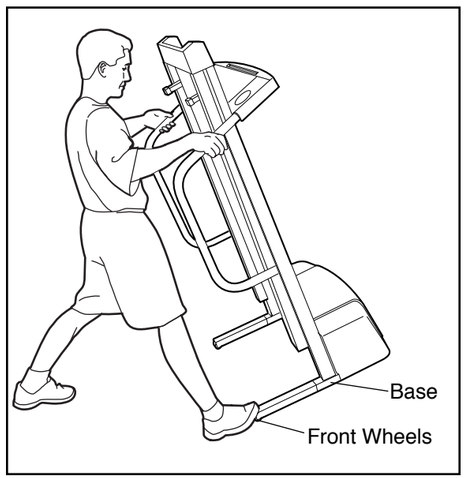
HOW TO MOVE THE TREADMILL

Before moving the treadmill, convert the treadmill to the storage position as described above. **Make sure that the storage latch is closed fully over the catch.**

1. Hold the upper ends of the handrails. Place one foot on the base as shown.

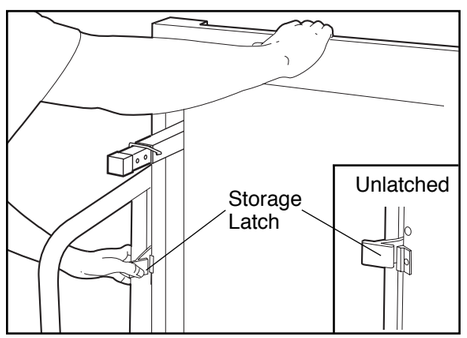
2. Tilt the treadmill back until it rolls freely on the front wheels. Carefully move the treadmill to the desired location. **To reduce the risk of injury, use extreme caution while moving the treadmill. Do not move the treadmill over an uneven surface.**

3. Place one foot on the base, and carefully lower the tread mill until it is resting in the storage position.

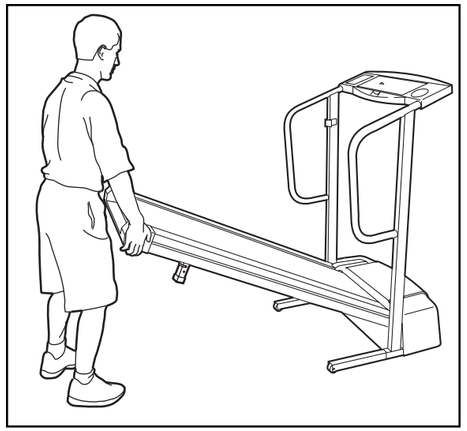


HOW TO LOWER THE TREADMILL FOR USE

1. Hold the upper end of the treadmill with your right hand as shown. Using your left thumb, press the storage latch and hold it. Pivot the treadmill until the frame and foot rail are past the storage latch.

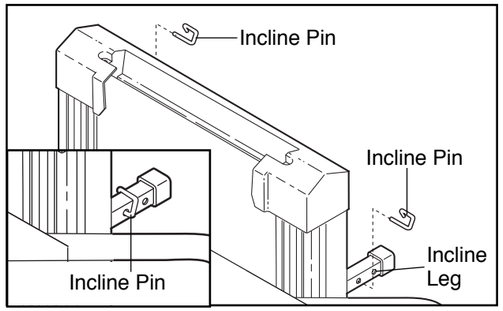


2. Hold the treadmill firmly with both hands, and lower the treadmill to the floor. **To decrease the possibility of injury, bend your legs and keep your back straight.**



HOW TO CHANGE THE INCLINE OF THE TREADMILL

To vary the intensity of your exercise, the incline of the treadmill can be changed. There are three different incline levels. **Before changing the incline, first remove the key and unplug the power cord.** Next, fold the treadmill to the storage position (see HOW TO FOLD THE TREADMILL FOR STORAGE below).



To change the incline, remove the incline pins from the incline legs as shown below. Adjust the incline legs to the desired height and fully reinsert the incline pins. Make sure that the incline pins are in the "locked" position shown in the inset drawing. **Make sure that both incline pins are inserted from the direction shown.**

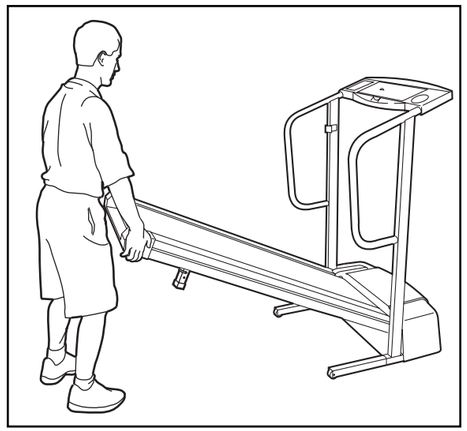
CAUTION: Before using the treadmill, make sure that both incline pins are fully inserted at the same height. Do not use the treadmill with the incline pins removed. After you have adjusted the incline legs, lower the treadmill (see HOW TO LOWER THE TREADMILL FOR USE on page 11).

HOW TO FOLD AND MOVE THE TREADMILL

HOW TO FOLD THE TREADMILL FOR STORAGE

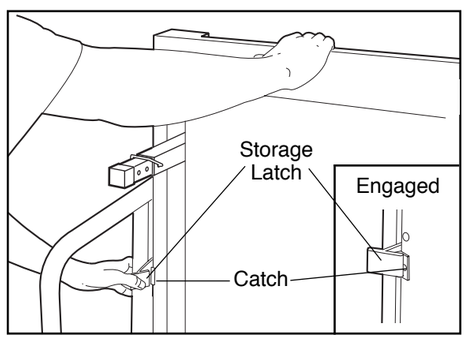
Before folding the treadmill, unplug the power cord. **Caution: You must be able to safely lift 20 kg in order to raise, lower, or move the treadmill.**

1. Hold the treadmill with your hands in the locations shown at the right. **To decrease the possibility of injury, bend your legs and keep your back straight. As you raise the treadmill, make sure to lift with your legs rather than your back.** Raise the treadmill about halfway to the vertical position.



2. Move your right hand to the position shown and hold the treadmill firmly. Using your left thumb, press the storage latch and hold it. Raise the treadmill until the storage latch closes over the catch. **Make sure that the storage latch is fully engaged over the catch.**

   To protect the floor or carpet from damage, place a mat under the treadmill. Keep the treadmill out of direct sunlight. Do not leave the treadmill in the storage position in temperatures above 30° Celsius.



OPERATION AND ADJUSTMENT

THE PERFORMANT LUBE™ WALKING BELT

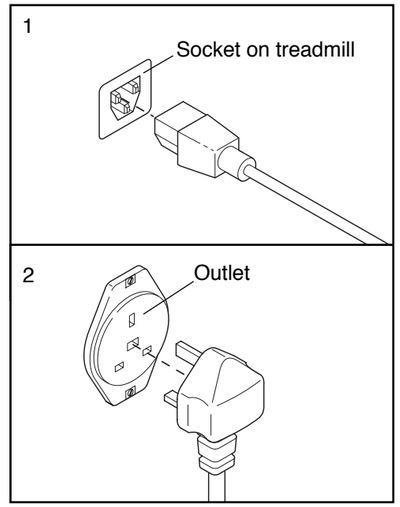
Your treadmill features a walking belt coated with PERFORMANT LUBE™, a high-performance lubricant. **IMPORTANT: Never apply silicone spray or other substances to the walking belt or the walking platform. Such substances will deteriorate the walking belt and cause excessive wear.**

HOW TO PLUG IN THE POWER CORD

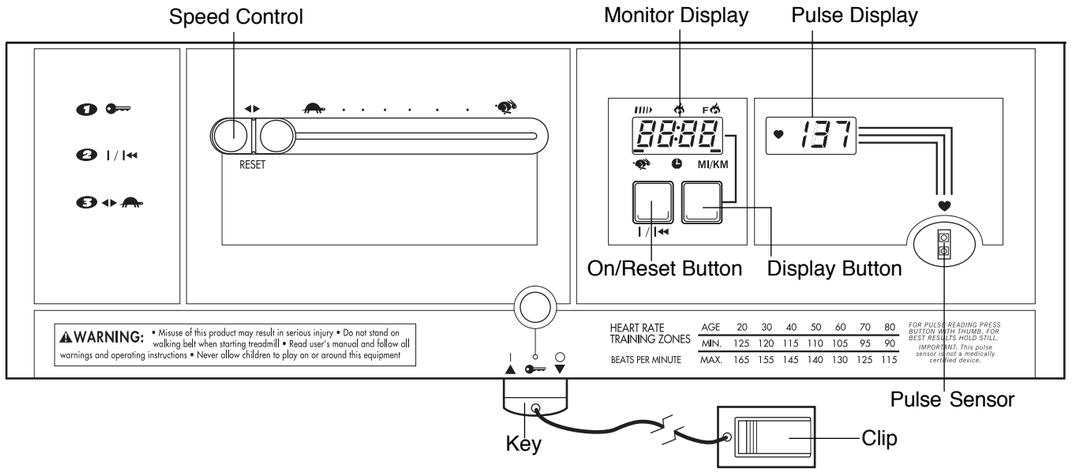
This product must be earthed. If it should malfunction or break down, earthing provides a path of least resistance for electric current to reduce the risk of electric shock. This product is equipped with a cord having an equipment-earthing conductor and an earthing plug.

Two power cords are included. Select the one that will fit your outlet. Refer to drawing 1. Plug the indicated end of the power cord into the socket on the treadmill. Refer to drawing 2. Plug the power cord into an appropriate outlet that is properly installed and earthed in accordance with all local codes and ordinances. Note: In Italy, an adapter (not included) must be used between the power cord and the outlet. Important: The treadmill is not compatible with GFCI-equipped outlets.

Use only a power cord type H05VV-F with a conductor of at least 1mm², with a country recognised plug and an appliance coupler.



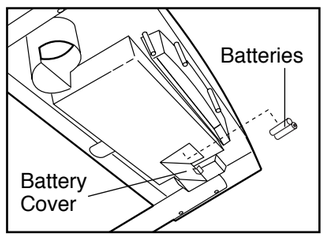
⚠DANGER: Improper connection of the equipment-earthing conductor can result in an increased risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly earthed. Do not modify the plug provided with the product—if it will not fit the outlet, have a proper outlet installed by a qualified electrician.


Speed Control
Monitor Display
Pulse Display
RESET
MI/KM
On/Reset Button
Display Button
Pulse Sensor
Key
Clip
WARNING: • Misuse of this product may result in serious injury • Do not stand on walking belt when starting treadmill • Read user's manual and follow all warnings and operating instructions • Never allow children to play on or around this equipment
HEART RATE TRAINING ZONES
BEATS PER MINUTE
AGE 20 30 40 50 60 70 80
MIN. 125 120 115 110 105 95 90
MAX. 165 155 145 140 130 125 115
FOR PULSE READING PRESS BUTTON WITH THUMB. FOR BEST RESULTS HOLD STILL.
IMPORTANT: This pulse sensor is not a medically certified device.

⚠CAUTION: Before operating the console, read the following precautions.

- **Do not stand on the walking belt when turning on the power.**
- **Always wear the clip (see the drawing above) while operating the treadmill. When the key is removed from the console, the walking belt will stop.**
- **Adjust the speed in small increments.**
- **To reduce the possibility of electric shock, keep the console dry. Avoid spilling liquids on the console and use only a sealable water bottle.**

BATTERY INSTALLATION



The console requires **two "1,5V" batteries** (included). Alkaline batteries are recommended. To install batteries, open the battery cover under the console as shown. Press two batteries into the battery compartment. **Make sure that the negative (–) ends of the batteries are touching the springs.** Close the battery cover.

STEP-BY-STEP CONSOLE OPERATION

If there is a thin sheet of clear film on the face of the console, remove it.

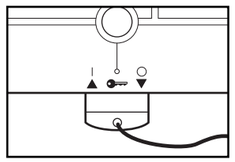
Before operating the console, make sure that the power cord is properly plugged in. (See HOW TO PLUG IN THE POWER CORD on page 7.)

Note: The console can display distance and speed in either kilometres or miles. (See HOW TO SELECT KILOMETRES OR MILES on page 9.)

Next, step onto the foot rails of the treadmill. Find the clip attached to the key (see the drawing above), and slide the clip onto the waistband of your clothing.

Follow the steps below to operate the console.

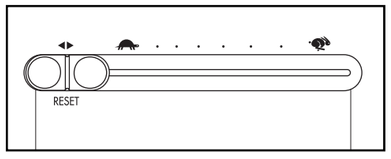
1 Insert the key into the power switch.



Inserting the key will not turn on the displays. The displays will turn on when the On/Reset button is pressed or when the walking belt is started. Note: If you just installed batteries, the displays will already be on.

2 Reset the speed control.

Slide the speed control to the RESET position. **Note: Each time the walking belt is stopped, the speed control must be moved to the RESET position before the walking belt can be restarted.**

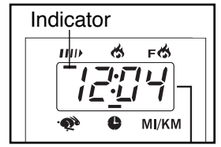


3 Start the walking belt.

After you have moved the speed control to the RESET position, slowly slide it to the right until the walking belt begins to move at slow speed. Carefully step onto the walking belt and begin exercising. Change the speed of the walking belt as desired by sliding the speed control. To stop the walking belt, step onto the foot rails and slide the speed control to the RESET position.

4 Follow your progress with the monitor display.

The monitor display offers six modes that provide instant exercise feedback:



Speed—This mode shows your speed, in kilometres or miles per hour.

Time—This mode shows the length of time you have exercised. Note: If you stop exercising for ten seconds or longer, the time mode will pause.

MI/KM Distance—This mode shows the total number of kilometres or miles.

F Fat Calories —This mode shows the approximate number of fat calories you have burned. (See Fat Burning on page 14.)

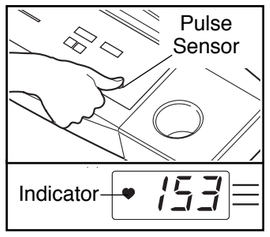
Calories—This mode shows the approximate number of calories you have burned.

Scan—This mode displays the other five modes, for five seconds each, in a repeating cycle.

If desired, the display can be reset by pressing the On/Reset button.

5 Measure your pulse, if desired.

When you are not using the pulse sensor, a "P" will appear in the pulse display. To measure your pulse, stand on the foot rails and place your thumb on the pulse sensor as shown. The pulse sensor is pressure activated—fully press it down. **Do not press too hard, or the circulation in your thumb will be restricted, and your pulse will not be detected.** Next, raise your thumb slightly until the heart-shaped indicator in the pulse display flashes **steadily**. Hold your thumb at this level. After a few seconds, three dashes will appear in the display and your pulse will be shown. Hold your thumb on the sensor for another 15 seconds for the most accurate reading. If the displayed pulse appears to be too high or too low, or if your pulse is not displayed, lift your thumb off the sensor and allow the display to reset. Press down again on the sensor as described above.



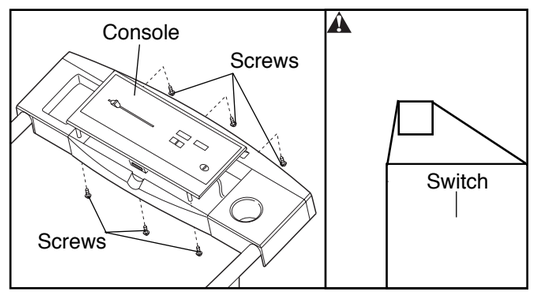
Make sure that your thumb is positioned as shown, and that you are applying the proper amount of pressure to the pulse sensor. Try the sensor several times until you become familiar with it. Remember to stand still while measuring your pulse.

6 When you are finished exercising, stop the walking belt and remove the key.

Step onto the foot rails, stop the walking belt, and remove the key from the console. The displays will turn off about five minutes after the key is removed. **Note: Any time that the walking belt is stopped and the console buttons are not pressed for five minutes, the displays will automatically turn off in order to conserve the batteries.**

HOW TO SELECT KILOMETRES AND MILES

The console can display distance and speed in either kilometres or miles. To change the unit of measurement, first **UNPLUG THE POWER CORD.** Next, remove the six screws attaching the console to the console base. Lift the console a few inches, being careful not to pull on the wires, and turn the console over. Locate the small switch on the back of the console. Move the switch upward or downward to select kilometres or miles. Re-attach the console to the console base. **After changing the unit of measurement, remove one of the batteries from the console for about five seconds and then reinsert it. This will reset the console.**



PART LIST—Model No. PETL16000

R0500A

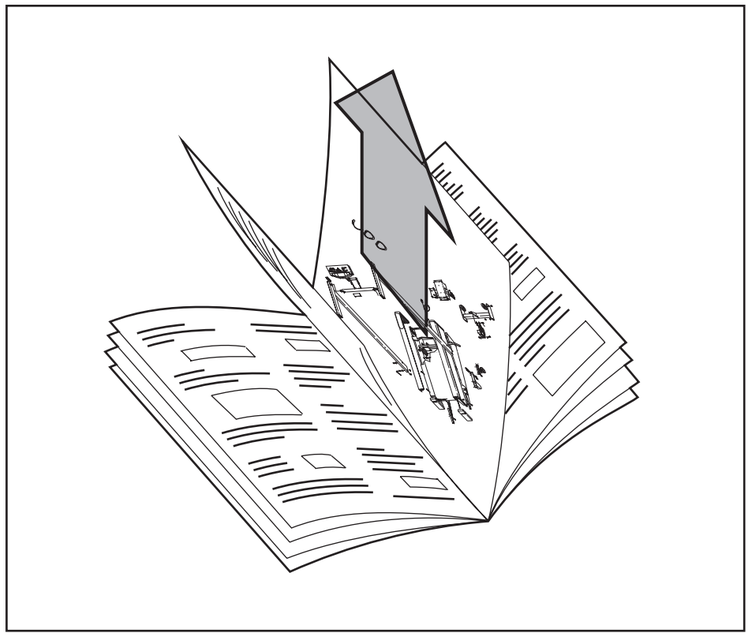
Key No.	Qty.	Description	Key No.	Qty.	Description
1	2	Handrail	52	2	Incline Leg Cap
2	1	Key/Clip	53	2	Extension Leg Screw
3	4	Small Hood Screw	54	1	UK Power Cord
4	1	Battery Cover	55	4	Plastic Washer
5	2	Foot Rail	56	1	Circuit Breaker
6	1	Receptacle	57	2	Frame Pivot Washer
7	4	Isolator Spacer	58	2	Frame Pivot Bolt
8	1	Speed Potentiometer	59	1	Electronic Bracket
9	1	Speed Control Knob	60	1	Motor Belly Pan
10*	1	Console Assembly	61	3	1” Grommet
11	1	Upright	62	2	Rear Platform Screw
12	1	Motor Belt	63	2	Support Washer
13	14	3/4” Screw	64	1	Choke
14	1	Storage Latch	65	2	Belt Guide
15	1	Bumper	66	2	Incline Pin
16	9	8” Cable Tie	67	1	Walking Belt
17	1	Motor Swivel Nut	68	1	Walking Platform
18	1	Pulley/Flywheel/Fan	69*	2	Base Leg Assembly
19	1	Motor	70	16	Electronics Screw
20*	1	Motor/Pulley/Flywheel/Fan	71	1	Grounding Washer
21	1	Wire Harness	72	3	Wire Tie Holder
22	2	Long Hood Screw	73	8	Isolator Screw
23	1	Motor Hood	74	1	Allen Wrench
24	1	Hood Shield	75	1	Frame
25	4	Belt Guide Screw	76	1	Left Front Endcap
26	1	Controller	77	1	Grounding Bolt
27	1	Motor Swivel Bolt	78	1	Right Front Endcap
28	1	Motor Tension Nut	79	1	Grounding Nut
29	1	Motor Tension Star Washer	80	1	Grounding Wire
30	1	Motor Tension Washer	81	4	Latch Screw/Handrail Screw
31	1	Motor Tension Bolt	82	2	Incline Leg
32	1	Filter	83	2	Rear Roller Adj. Bolt
33	17	Belly Pan Screw/Clip Screw	84	1	Rear Endcap
34	2	Extension Leg	85	1	Latch Decal
35	2	Motor Pivot Bushing	86	1	Rear Roller
36	2	Wheel Bolt	87	2	Rubber Ring
37	2	Wheel	88	2	Handrail Bolt
38	4	Wheel Nut/Lift Nut	89	1	Grounding Screw
39	17	Washer	90	1	Euro Power Cord
40	4	Base Pad	#	1	4” White Wire, 2F
41	1	Motor Pivot Sleeve	#	1	8” White Wire, Pigtail
42	1	Latch Catch	#	1	8” White Wire, Male/Female
43	1	Reed Switch Clip	#	1	10” White Wire, 2F
44	1	Reed Switch	#	1	8” Blue Wire, Pigtail
45	1	Magnet	#	1	4” Green/Yellow Wire
46	1	Console Base	#	1	4” Black Wire, M/F
47	2	Frame Pivot Spacer	#	1	6” Black Wire, 2F
48	4	Platform Screw	#	1	User’s Manual
49	4	Isolator			
50	1	Front Roller/Pulley			
51	1	Front Roller Adj. Bolt			

* Includes all parts shown in the box

\# These parts are not illustrated

REMOVE THIS EXPLODED DRAWING AND PART LIST FROM THE MANUAL

Save this EXPLODED DRAWING and PART LIST for future reference.



Note: Specifications are subject to change without notice. For information about ordering replacement parts, see the back cover of the User’s Manual.

EXPLODED DRAWING—Model No. PETL16000

R0500A